

STRESS CONTAINER

What's In Yours?

Write down within the columns all the stressful things that are in your mind regarding Home, Work and Situations, these are all your Stressors;

Home	Work	Situations

Once you have written down as many stressors that you can think of, try answering the following questions;

1. Is there evidence to support your feelings over the stressors?
2. What can you change, manage and is within your control?
3. What cant you change and as such, need to find a way to accept?
4. Can you prioritise them and set timelines for when you will act on the top three?
5. Who can you ask for help, will you ask for help, can you accept that we all need support from others in life?
6. Do you have any tools, techniques and coping strategies to assist you in managing your stressors, if not, where can you learn some?